

Growing Judo

May, 2011



Monthly publication of the
Club Support Services Committee of
the United States Judo Association
21 North Union Blvd, Suite 200
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(Left) Israel Hernandez clinic in CA
(Below) Action shot of Freestyle Judo

In this month's issue:

- ★ Special DVD offer for USJA donors
- ★ *Freestyle Judo* by Steve Scott
- ★ In Memoriam: Joan Jones
- ★ Perspectives on *Randori* and *Shiai*
- ★ The latest "Judo News Around the Country"
- ★ New Clubs, Promotions, Events and more regular features



Table of Contents

Special DVD offer for USJA donors	3
NEW USJA Clubs, Newly Certified Coaches, New Life Members	4
Treasurer's Report, USJA National Awards for 2010	5
Message about the USJA/USJF Jr. Nationals	5
<i>Freestyle Judo: Real Grassroots Development</i> by Steve Scott	6
<i>Randori</i> by Bill Myers	11
AM-CAN	13
Judo News From Around the Country	14
Upcoming Events.	18
<i>A Perspective on Shiai</i> by Richard Riehle	22
<i>In Memoriam: Joan Jones</i>	24
USJA Promotions & Advertising in <i>Growing Judo</i>	27
2011 USJA -USJF Joint Junior Nationals Information	28

Please contribute your news to Growing Judo! Make sure your submissions are:

- * CONCISE, well-written and proofread.
- * Contain correct details (dates, contact information, etc.) and include hyperlinks to event forms.
- * In WORD format (not PDF!) or in the body of the email.
- * Send photos as separate attachments in JPG (preferred) or another standard form (GIF or bitmap OK).
- * Your original work, or submitted with the permission of the creator.
- * If possible, includes a few quality, interesting photos; be sure that you have permission to submit photos of others, ESPECIALLY minors. *Try to include ACTION shots!*
- * Has "**Growing Judo**" or "**GJ**" in the subject line of your email.

Thanks for your support!

Joan Love, Editor, *Growing Judo*
Vice-President, USJA
Chair, Club Support Services/Regional Coordinators
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EDITOR'S NOTES: Our sincere thanks to the many individuals have shared their stories and photographs in this issue. Please note that they have given permission for their work to be published in USJA's *Growing Judo* only. *All rights are reserved*. Articles and photographs seen here may NOT be reproduced without permission.

Submissions to *Growing Judo* become the property of the magazine and may be edited and utilized at the discretion of the editorial staff.

*The next issue of USJA's Growing Judo will be June, 2011. If you have any news and/or any planned events, please submit your information by **May 22nd** or earlier if possible.*

Please understand that it may not be possible to include information submitted after that date.



UNITED STATES JUDO ASSOCIATION

21 North Union Boulevard, Suite 200, Colorado Springs, CO 80909-5784

Telephone: (877) 411-3409 Fax: (719) 633-4041

April 26, 2011

To All USJA Members:

We are pleased to offer the newly released [Everything You Should Know About Seoinage](#), DVD for anyone who donates \$100.00 or more. We will also include a [free DVD with a NEW LIFE MEMBERSHIP!](#) This offer will expire on July 1st, 2011.

The USJA has many more services to offer and we can achieve our goals sooner with help from all of you. Our goal here at the National Office is to provide the best possible service to all of our members.

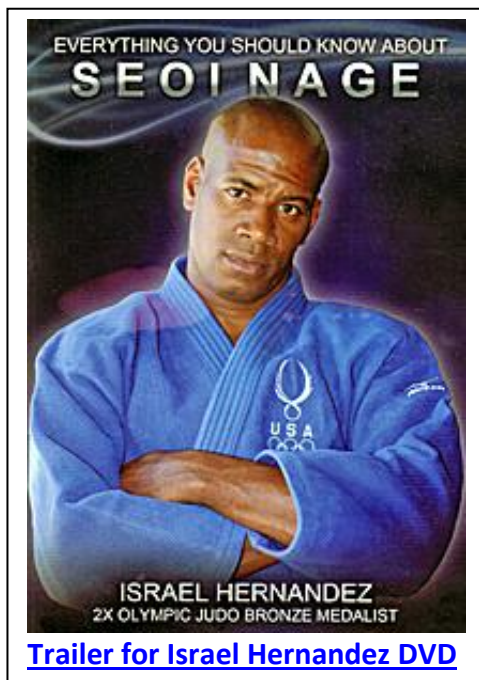
We are asking you to please support the USJA and give what you can. For those that can give \$100.00 or more you will have a great DVD to improve your judo and add to your collection.

We want to thank all of you for supporting your USJA!

Sincerely,

Katrina R. Davis

USJA Executive Director



[Everything You Should Know About Seoinage](#)

By Israel Hernandez

Two-time Olympic Bronze Medalist Israel Hernandez and Olympian Valerie Lafon Gotay have teamed up to develop this exciting DVD that provides a comprehensive study and examination of seoinage using slow motion and various angles: grips, common mistakes, variations, defenses, counters, combinations, fusion techniques, and supplemental exercises.

"This is among the best DVDs I've ever seen in terms of content, format and quality. It will help anyone understand the fundamentals of seoinage as well as comprehensive methods to apply it and defend against it in competition."

Gary Goltz, USJA President



A WARM WELCOME to Our NEW USJA Clubs!

Club Name: **R.I.T Judo Club (Class C Club)**
Head Instructor: **James Martinez**
Email: tmartine@rochester.rr.com

Location: **Rochester, NY 14623**
Phone: **585-455-9021**

Club Name: **Kodokan Judo School of Pittsburgh**
Head Instructor: **Joe Vukson (Class B Club)**
Email: jvukson@anhrefractories.com
Website: <http://www.pghjudo.com>

Location: **Pittsburgh, PA 15237**
Phone: **412-364-0487**

Club Name: **Red Dragon Judo-Etiwanda (Class B Club)**
Head Instructor: **Ned Reber**
Email: senseined@gmail.com
Website: <http://www.rdkkiwest.com>

Location: **Rancho Cucamonga, CA 91701**
Phone: **909-803-2777**

Club Name: **Calabasas Judo Club (Class C Club)**
Head Instructor: **Rey Tinaza**
Email: mrjudo2@dc.rr.com
Website: <http://www.calabasasjudo.com>

Location: **Calabasas, CA 91302**
Phone: **818-269-2107**

Congratulations to our Newly Certified USJA Coaches

- ★ Chris Rasmussen, Sarasota Judo Institute, FL
- ★ James Walters, Unattached, IN
- ★ Deborah Shapiro, Unattached, NJ
- ★ Kirk DeVere, Lancaster Judo, PA
- ★ David Garcia, Harbor Judo Dojo, CA
- ★ Kimberly G. Cagalawan, Antelope Valley Judo Club, CA
- ★ Robert Bernal, Unattached, NJ
- ★ Gordon P. Burgett, Classical Budo Dojo, PA

Special thanks to our newest Life Member for his commitment to the USJA

- ★ Ned Reber, Red Dragon Judo-Etiwanda, CA

USJA Treasurer's Report, February 2011

The overall financial health of the organization after the second month of 2011 continues to remain good and stable. Current assets as of the end of February 2011 were \$58,153 which includes the endowment fund. Current liabilities were \$5,729. The current ratio is approximately a healthy over 10 to 1.

Revenue in February was \$36,339 and as expected with the largest portion being generated from membership fees. Expenses were \$36,065 including cost of goods. The net profit for February was \$274.

--Paul Nogaki, Treasurer, United States Judo Association

Congratulations to these recipients of the USJA's 2010 National Awards

✧ Outstanding Female Competitor	Kayla Harrison
✧ Outstanding Male Masters Competitor	Carl Plummer
✧ Outstanding Female Masters Competitor	Diane Manganaro
✧ Outstanding Life Member Contributor	Dr. James M. Lally
✧ Coach Of the Year	Andrew Connelly

For a complete list of USJA State Award winners for 2010 go to
www.usja-judo.org/Awards/StateAwds2010.pdf

[A special message to Junior Nationals competitors and families](#)

. . . Don't forget the date for the tournament is rapidly approaching; in fact there are only two months left! Check our web site at www.2011judojunior nationals.com to download the entry packets and check out the special deals that we have set up for you.

Once you arrive at the host hotel for registration, be sure to check out our information desk for exciting things to do in and around the Toledo area, like the Toledo Mud hens AAA baseball team (discount tickets available), the Imagination Station Discovery Center, the Toledo Zoo and more!

Judo Unlimited is the official supplier of the tournament mats. Once the tournament is concluded, these six full sets of mats will be available to purchase at a good price. You will need to be able to transport them from the tournament site. Contact **Judo Unlimited** at Razisyed@hotmail.com to make arrangements ahead of time.

We are looking forward to seeing you in Toledo in July!

FREESTYLE JUDO: REAL GRASSROOTS DEVELOPMENT

By Steve Scott

Judo is one of the most, if not *the* most, physically and mentally demanding (and rewarding) sports ever devised. Judo is many things to many people. It's one of the most complete forms of physical education ever invented and has stood the test of time as one of the most interesting martial disciplines mankind had seen. This article, however, is about the sport aspect of judo, but as you read on, I hope that you will find that this narrow focus on sport judo broadens out to include a wider look at all of Kodokan Judo. With this broad view in mind, let's look at how the sport aspect of judo (whether we like it or not) determines how we view the entire subject of judo and how we teach it and how it is practiced. I am concerned that our wonderful activity of judo may lose some of its historical combat realism, and may have lost some of it already. But this article offers some solutions to maintaining judo's vibrant status as a sport and martial discipline.

Freestyle Judo: An Explanation

Like a lot of other people, I think the recent IJF rules changes have hurt judo as a sport. To quote a coach from a recent conversation, "The IJF rules stink." He was blunt and to the point, but he had a point worth considering. As a result, an outgrowth of judo tournaments using alternative rules has taken place in the last several years all across the United States. I'm one of those people who have taken a serious approach to the rule changes and this article is about what we've done here in the Midwest with great success. What has come to be called "freestyle judo" is the result of this serious effort to retain judo as the original "combat sport." In the process, we've hit on, what I believe, to be something that will definitely benefit judo.

I recently wrote a book entitled **WINNING ON THE MAT**, published by Turtle Press. The purpose of this article isn't to sell my book, but I mention this because this book offers specifics that this article only briefly highlights. While the subject of the book is about winning in the sport of judo, it's also about freestyle judo.

Freestyle judo, basically, is an adaptation of the contest rules allowing for all aspects of judo to be used. With the recent rule changes by the IJF, many of us in the judo community are rightly frustrated at how the sport of judo is being conducted. Freestyle judo is simply allowing for the full range of judo skills and tactics to be used in a contest. Although many adaptations of judo have emerged since its inception in 1882, there is only one judo and that is the Kodokan Judo of Jigoro Kano. Kodokan Judo is more than simply a sporting event, but, without any doubt, the sport



Sankaku Jime applied by Derrick Darling at the AAU Freestyle Judo Nationals. Effective, aggressive newaza is encouraged and very much a part of freestyle judo. Also, take notice of the numerical scoreboard used in freestyle judo on the score table in the background.

aspect of judo is what has made it an activity that is popular in every corner of the world. In some places, because of the IJF rules changes with less emphasis on groundfighting, judo coaches have started to de-emphasize newaza entirely.

What is developing is a whole new generation of judoka that don't appreciate the full range of judo technical skill, including newaza. With the recent IJF rule changes, some throwing techniques that have been part of judo history from its beginning no longer are considered valid for scoring. What will happen, and is happening, is that coaches who want to win at sport judo are, as is happening with newaza, not teaching these valuable throwing techniques. This is what I mean when I say that how the rules of sport judo often drive the



technical development of judo as a whole. Freestyle judo is an outgrowth or continuation of judo as a sporting activity with adaptations in how a judo match is scored making it an uncompromising approach to judo competition. Freestyle judo allows ample time for groundfighting, allows all the judo techniques that have been legal for many years up to the recent IJF rule changes and encourages aggressive, open-ended competition. It's most definitely not anyone's intention to invent a new "style" of judo or in any way replace the Kodokan Judo of Jigoro Kano. Judo, as a combat sport, has stood the test of time and whether people realize it or not, has been the technical and theoretical basis for many other combat sports as well. What we've done in freestyle judo is to develop a set of rules that allow athletes to use the complete and full range of judo skills...and as a result, encourage coaches to continue to teach the valuable technical skills that have made Kodokan Judo such a vital and exciting activity.

Once most people see a freestyle judo match, they like it. I'll warn you...if you think the IJF rules are great and like soft Ippons or having a judo match with minimal (or no) time allowed for newaza, then you won't like freestyle judo. But if you like to see all aspects of judo displayed, allowing for a full range of skill and technique to be used, then you may just agree with what many people have said about the freestyle judo rules; "This is the way judo ought to be!"

Some History

When judo was accepted as a demonstration sport for male athletes at the 1964 Olympics and then later accepted as a full Olympic sport in 1972, the die was cast and judo became an international sport. As time passed, women's judo was added as a demonstration sport in the 1988 Olympics and accepted as a full sport on the Olympic calendar in 1992. I'm not the first person to recognize that judo's enduring strength has been its ability to absorb and incorporate anything that it has encountered in its long history. Since judo's inception as an international sport in the 1950s, it has adapted and absorbed influences from every part of the world. Soviet Sambo led to many changes in how we look at modern, sport judo, as well as the many influences that have come from other parts of Europe, Asia, the Americas and other parts of the globe. These innovations made judo, from a technical point of view, more varied and vibrant. From a sporting point of view, the inclusion of these new techniques made judo more exciting and competitive.

Either by design or good fortune, the contest rules of judo used from the early 1970s to the mid-1990s allowed for an open-ended, competitive and technically sound style of judo to be contested.

If you were a specialist in standing or a specialist in groundfighting, it didn't matter...you had a fair chance to perform your techniques to their full potential. The rules allowed for a wide range of techniques and this period of time was, in my view, a "golden age" of competitive judo when exciting, new and highly effective techniques were introduced to the world of judo. It was a tremendous period of technical development. However, in the past several years, the international contest rules began to favor the standing aspect of the sport. I remember that we were initially told that this made for "better television viewing." Maybe it did, but it didn't do anything good for the technical development of judo. It's my belief that judo lost a good deal of its combat realism. Athletes began to crouch over in an effort to avoid getting thrown, and while there were specific rules that prohibited such passive and defensive judo, the officials didn't seem to enforce them. Judo athletes resorted to "negative" or "safe" attacks with an emphasis on leg grabs and dropping low to avoid being countered. In 2009, the contest rules of judo were re-written and limited specific attacks to the legs and lower body. By now, judo had lost its original combat flavor and was so refined it became a type of standing wrestling in jackets. A number of people observed that it resembled Greco-Roman wrestling in a judogi.



Even before the recent IJF rule changes, submission grappling and sport jujitsu tournaments were popular. In 1998, I hosted the National Shingitai Jujitsu Championships in Kansas City, Missouri. The rules of that tournament were based on both judo and sambo and it proved to be an exciting, competitive event that placed emphasis on fighting heart, effective skill and a high degree of physical fitness. Everyone who attended the tournament agreed that the rules we used provided for one of the best grappling events they ever attended. That

was the initial development of what eventually become the rules of freestyle judo. In 2008, I began experimenting with our AAU judo tournaments and, as an additional event at that year's Missouri State AAU Judo Championships hosted by Mike Thomas in Lee's Summit, we included a freestyle judo category for the first time. The freestyle rules proved to be more popular than the established judo rules and we knew that we were onto something that would be beneficial for the sport of judo. All through 2008 and 2009, we held local and regional freestyle judo tournaments, making adaptations to the rules as needed. In November 2009, Ken Brink hosted the first AAU Freestyle Judo Nationals in Kearney, Missouri (near Kansas City). That initial tournament was a real success. Freestyle judo proved to be an excellent addition to the judo community, as well as a viable alternative to those who believed the prevailing contest judo rules were too restrictive.

Contest Rules View How We Look At Judo

As mentioned before, how we view a sporting event is directly affected by the rules of the game. Judo is no different. The rules of the sport of judo have changed through the years, and as is the case with any physical activity, these changes in the contest rules affect how people teach, learn and train in judo. The early rules of judo made for a rough and tumble form of fighting; for the safety of the combatants, the rules of judo underwent numerous changes to eliminate the dangerous things and retain the safe things that made judo the most technically advanced combat

sport ever invented. Freestyle judo reflects an open-ended, technically sound and combat-effective approach to sport judo and the contest rules of freestyle judo encourage this approach.

The freestyle judo contest rules take much of the subjectivity out of the hands of the mat officials. The Ippon is still retained, but numerical points are awarded for throws and hold-downs as well as for skilled actions that take place on the mat in newaza. Aggressive, technically skilled judo is rewarded and passive, non-combative judo is penalized.

A Brief Look at the Rules of Freestyle Judo

Here's a quick glance at how a freestyle judo match is conducted. For a complete look at the freestyle judo rules, go to our web site at www.FreestyleJudo.org.

Ippon: The Ippon is retained, as the Ippon makes judo the unique, exciting sport that it is.

- Ages 15 and older: Ippon can be scored by a throw, choke or armlock.
- Ages 11 to 14: Ippon can be scored by a throw, pin (25 seconds) or choke.
- Ages 10 and under: Ippon can be scored by a throw or pin (25 seconds).

Winning by Ippon

- Throw; Throw opponent with control and force on back or backside. No “soft” or “rolling” Ippons.
- Armlock; Force opponent to submit to kansetsu waza.
- Strangle; Force opponent to submit to shime waza.
- Pin (Seniors and Masters); Ippons are not scored for osaekomi waza (see point scores below).
- Pin (Juniors); Hold opponent in osaekomi waza for 25 seconds.



Referee Charlie Jones is about ready to start a freestyle judo match. Notice that one contestant wears a white belt and the other wears a red belt corresponding to the colors on the scoreboard.

Other Ways to Win

- Superior Decision: This is similar to winning by two Waza-ari (Awasete Ippon). This takes place when one athlete scores 12 more points than his opponent. Examples of a 12-point spread are 12-0, 14-2, 17-5, etc.
- Yusei Gachi: This is a win by decision with one athlete scoring more points than opponent at the end of scheduled match time.

- Hansoku Gachi: Winning by opponent's disqualification. For a complete look at the rules of freestyle judo, visit our web site.

Scoring Points (We have found that using numerical points, rather than yuko and waza-ari, encourage athletes to attempt more skillful scoring techniques. Numerical scores also clearly indicate to everyone who is winning and who is losing. Here is a brief look at how points are scored in freestyle judo:

4 Points

- Throw: Opponent lands mostly on the back or back side but not enough for Ippon.
- Pin: Hold opponent for at least 20 seconds.

2 Points

- Throw: Opponent lands on side or back in what would be Yuko in regular AAU rules.
- Pin: Hold opponent for at least 10 seconds and less than 20 seconds.

1 Point

- Throw: Opponent lands on front torso (not hands and knees) or on buttocks or light on side.
- Pin: Hold opponent for at least 5 seconds and less than 10 seconds.
- Breakdown: Turn opponent onto back with control from a stable ground position.
- Guard Pass: Get past opponent's legs with control.
- Guard Sweep: Roll or sweep opponent over with control from the Guard position

Scoreboard: We use a numerical scoreboard like they use in wrestling, volleyball and other sports. This makes it easy for everyone to know the score and makes judo more "spectator friendly."

Match time: The schedule match time for seniors is 5 minutes with a 2-minute (sudden victory) overtime if necessary. The schedule match time for juniors and masters is 3 minutes with a 1-minute (sudden victory) overtime if necessary.

Other Points of Interest on the Rules

In keeping with the rules of judo, an athlete must use a throw or takedown technique to go to the ground. Pulling an opponent to the mat ("pulling guard" as in BJJ) without attempting an actual throw is considered passive and will result in a penalty. Speaking of throws, freestyle judo allows Kata Guruma, Te Guruma, Ashi Dori, Morote Gari and other attacks to the legs.

In newaza, the officials will allow the action to continue as long as there is something going on. One or both athletes must be actively attempting a scoring move or technique. If one contestant lies on his face and passively refuses



The rules of freestyle judo allow for all judo skills to be used. Josh Henges scores Ippon with this Juji Gatame at the Freestyle Judo Nationals.

to compete, he will be penalized for stalling much in the same way if he were in a standing situation and passively not engaging with his opponent.

In other words, freestyle judo emphasizes aggressive technical action, both standing and on the mat.

Gripping Rules: Freestyle judo allows for more varied gripping than the regular judo rules. You are allowed to hold the belt or hold onto the same side of the jacket or sleeve as long as you are not overly defensive and using the grip to control and attack your opponent. A good thing to remember is that when you grip or grab your opponent anywhere; don't lock your elbows out to keep him or her away from you. You are allowed to grab your opponent's legs or pants as long as you are attempting a throw or takedown.

What Freestyle Judo Is and Is Not

Freestyle judo is an honest attempt in the development of judo as a viable, exciting sport. We don't claim to have the "toughest guys" or wish to impugn the efforts of anyone or any group. We encourage everyone to compete in as many judo tournaments as possible and offer freestyle judo as an alternative to the restrictive rules currently used. As stated earlier in this article, it would be presumptuous for me, or anyone, to imply that freestyle judo is a "new" style of judo or an improvement on what judo is. What has been done is to format the rules of judo so that as many aspects of the sport can be used by as many different athletes as possible. The Ippon has been retained but other changes were made in how the match is scored so that it's as complete a stage as possible for athletes to compete in from a sporting context. The goal was to bring back the original "combat sport" element of judo, allowing for the athletes to use as many of the skills and techniques (both standing and in groundfighting) of judo possible. My good friend John Saylor was the first to comment (and many people have said the same words since) that freestyle judo is "the way judo ought to be!" If you're interested in getting involved in freestyle judo, e-mail me (Steve Scott) at stevescottjudo@yahoo.com. You can also visit our web site at www.FreestyleJudo.org to learn more about what we are doing in freestyle judo and if you're interested in getting my book WINNING JUDO, go to www.TurtlePress.com. To download entry forms for the AAU Freestyle Judo Nationals and the AAU Judo Grand Nationals, go to Ken Brink's web site at www.BrinksWelcomeMatJudo.com.

Randori by Bill Myers

A few years ago, I decided to try a traditional ju jitsu class. The instructor's website talked about the style of ju jitsu and also about randori. It seemed a little strange to me that there would be randori, but that was the most interesting part to me, so I started going to class. For the first hour and forty minutes of the two hour class, we did warm-ups and went through techniques. Here's a technique example: Sit in seiza across from your partner. He puts his left hand on your right shoulder. Put your right hand on his right elbow, slide the hand up until your wrist is on his elbow. Now pivot your body and using your right hand as a driving force, push his elbow to the ground. He will submit on the way.

From the description, it sounds a little like a standing armlock. There were dozens of techniques just like this that we did. Some were similar to judo things I had done, while some weren't. Then

came the fun (and funny) part of class. At the end, the instructor asked who was interested in randori. A couple of us, who knew what we were doing would participate, but the rest just sat and watched. It was like spending an hour on bicycle lessons, then being asked if you wanted to do boxing on unicycles. Yes, there was some connection, but not enough.

At another judo club I visited, we went through the warmup, uchikomi, randori sequence. Less than half of the people wanted to do any randori. Some of the people who were doing it were pretty rough – I had my shoulder dislocated – so the people watching were rightfully a bit fearful, but in addition, I think they didn't have any foundation in randori.

Here are some things to keep in mind about randori:

- If your students sit and watch other people doing randori, that's a hint that they don't know what they're doing or feel out of their element.
- If you don't like what you see your students doing in randori, then either you haven't shown them the things you want them to do or they haven't gotten the point yet. At least part of the problem may be yours, the coach's.
- Tell them. Show them. And make it part of the training during the rest of the class so that there's a connection between randori and their techniques. Moving techniques must be part of regular practice. Have them practice throws against partners moving in different directions.
- Randori is supposed to be practice, not a three minute competition at the Nationals. It's hard to get most people to improve their judo if they're worrying about getting hurt, getting thrown, constant grip-fighting, and giant counters that look and feel painful because most are done poorly and improperly.
- There's a difference between randori and hard randori. Hard randori is for training for competition and is fun for two people who are ready for it. It's not for beating up inferior players. It's not great for getting in lots of attacks because people worry about counters. Randori is about practicing lots of attacks, making judo flow, setups, combinations, and not worrying about counters.
- Randori isn't about winning, it's just practice. You can't practice if you don't participate and it doesn't count as practice if you don't try to do something during it. Whether it's skillful avoidance or attacking, having a goal in randori can help. Set a goal of at least one throwing attack every 15 seconds. When I work with kids, I tell them that if they don't attack me by the time I count to 5, then I will start attacking. They usually start attacking.
- When I want to see more attacking judo, I forbid my players from using big backward counters. Nothing causes hesitant judo more than being countered by a big uranage.
- Stiff arms don't belong in randori. If your students don't know how to use body movements instead, teach them. Skillful avoidance is much less tiring than stiff arming and in the long term, helps improve judo.
- Ego gets in the way in randori more than it should. I remember reading something from Isao Okano who said (paraphrased), "I am often thrown in randori, because I'm concentrating more on my own throws than what my opponent is doing."
- Safety counts, too. Make sure that people aren't overmatched. Black belts tend to be safer than white belts, but people are still more intimidated to work with them. Size and age disparities can be serious liabilities for your players and potential lawsuits for you, the instructor. Don't be afraid to pair people up or rearrange who's playing with whom.

JUNIOR, SENIOR AND MASTERS COMPETITION

AM-CAN

INTERNATIONAL JUDO CHALLENGE

WOW!

**Warrior Brand Competition Gi
Awarded to Winners of all
Senior Elite Divisions!**

Courtesy of Pacillo's Fitness

Photo Courtesy of
Connie Halporn

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Fly High!

May 28th & 29th, 2011

Memorial Day Weekend

Buffalo, NY

Register by May 15th

and SAVE \$20!

www.amcanjudo.org

Early Registration:

Early Entry Fee: \$60 - First Division
Additional Divisions \$30 each
Team & Family Discounts Available

Land Hard!

Saturday

COMPETITOR TRAINING CLINIC

Adam's Mark Hotel

May 28th, 2011 IMMEDIATELY FOLLOWING SATURDAY COMPETITION 4-6 p.m.

Clinic Fee \$10 - FREE for All Registered AM-CAN Competitors!!

Heiko Rommelmann

5th Dan; 3-Time
Pan Am Gold Medalist



Jim Bregman

9th Dan; 1964 Olympic
Bronze Medalist



Joan Love

3rd Dan; 4-Time
National Masters Champion



A Non-Profit Development Tournament Organized by the all volunteer AM-CAN Tournament Committee

Judo News From Around the Country

California, April 2

2-Time Olympic Bronze Medalist Israel Hernandez graced Goltz Judo on April 2nd along with Olympic Team Member Valerie Gotay. The clinic was attended by about 50 judoka of all ages and skill levels. Israel Hernandez covered material outlined in his new DVD [*Everything You Should Know About Seoinage*](#). Following each segment of instruction participants were called upon to demonstrate and received direct feedback from Israel. The improvements were immediately noticeable. Israel will be featured again at this year's [*Winter Nationals*](#) in La Verne, California.



New York, April 3

For the first time ever, a USJA sanctioned tournament was held on Long Island that featured both creative kata, self-defense and USJA rules Sports Jujitsu. "Our goal was to create an opportunity for judo students who were not necessarily tournament players to participate in competition and demonstrate their skills," said Tournament Director Marvin German, head instructor at FSA Martial Arts in Baldwin, Long Island, New York.



In the March 2011 issue of Growing Judo, my wife, Lorraine Bondi-Goldsmith, described her experiences in competing in open kata and self-defense in karate tournaments. Now it was our students' turn. Once again, I

served as uke, but this time, the tournament director was kind enough to have mats to cushion my numerous falls.

In the kata and self-defense divisions, judoka performed 3-5 techniques, depending on their rank. For kata, the white to green belts demonstrated a hand technique, a hip technique and a foot technique, in the style of the Nage no Kata. The more advanced ranks added a back sacrifice and a side sacrifice. In the self-defense division, the lower ranks demonstrated defenses against three types of attacks, and the advanced students had to defend against five different attacks. The students were evaluated on five criteria: execution, how well the techniques flowed together, the difficulty of the technique, realism, and overall presentation.

Many of the young kung fu and karate competitors, and spectators had never seen a judo demonstration. While being thrown through the air by much smaller judoka, I distinctly heard gasps from the audience. The biggest reaction we received was during the self-defense demonstration, when a young female judoka (whom I outweigh by about 65 pounds), escaped from a bear hug and effortlessly lifted me up and dropped me on my head with a sukui nage. During a break, I had her demonstrate it again in slow motion, and explained to the audience the principles behind it. Several parents told me that they were very impressed and interested in having their children take up the study of judo.



In that same March, 2011 issue of Growing Judo, I also related my experience in competing in Sports Jujitsu. This time, I enjoyed the action as a judge. This tournament was held under USJA Sports Jujitsu rules, which are more favorable to grapplers. Because the action is so fast, there are three judges and one referee. One judge is assigned to each competitor, and is given a hand held counter to tally the kicks and punches landed to their assigned combatant. The third judge (me) was assigned to keep track of the throws, pins, and submissions. The equivalent of an ippon nets 5 points, a waza-ari 3 points, and a yuko 1 point. The first 10 seconds of a hold down earns 1 point, and an additional 20 seconds picks up another 2 points. An escape is 1 point, and 5 points are awarded for a submission. Two submissions end the match.

All in all, the tournament was a great success. We were able to successfully demonstrate what judoka can do, had the opportunity to engage in a friendly competition with practitioners of other

martial arts, and had a wonderful time. I hope that this tournament can be the seed to grow judo in a new direction, and provide the opportunity for judoka who prefer not to compete in traditional judo shiai an avenue in which to test their skills in honest competition.

--Michael Goldsmith

Michigan, April 9

Kelly's Capers presenter Bill Myers went to Eastern Michigan University in Ypsilanti, MI to give a clinic hosted by Frank Gerlitz. In attendance were 3 of his black belts, approximately 12 white belts (2 of whom had done very little judo at all) and 2 or 3 intermediate judo players.

Bill explained Sid Kelly's philosophy on randori and judo retention. He included Bill Montgomery's method of introducing judo throws, with "step around and roll" falls, for osoto gari, tai otoshi, o goshi, and ippon seoinage. This approach gave the instructors another way to get their classes started, and served to get everyone in the room on the same footing for the Capers.

Participants then proceeded to move through the series of steps in the Capers, "The Road to Randori." Both students and instructors had a great time and practiced the drills with enthusiasm.



Florida, April 15



John Paccione and Kodokan of Cape Coral hosted a clinic with Nick Lowe, creator of the *Eudo* program in England. Sessions were held for children and adults.



South Carolina



USJA Jujitsu alive and well in Goose Creek, at the Samurai Judo Association club on the Joint Base Charleston Naval Weapons Station facility, where Dr. Ronald Allan Charles and his able staff teach judo and jujitsu, at largest USJA jujitsu/judo club.

Terry Q. Aumock (left) and Ronald Allan Charles (right), present Nicholas Dreiling (center) with his jujitsu shodan certificate.



(Above) Ronald Allan Charles presents Michael Ocampo with his jujitsu shodan certificate.

(Above Right) Charles Sensei presents Gerald John Brandon with his jujitsu orange belt promotion.

(Right) Our very best wishes go to Gerald John (USAF) and his family! Not only did he earn his orange belt, but he is a new proud dad to Nolyn Brandon.

***"It's never too late to join the USJA and start judo.
It's never too early either!"***



Upcoming Events

*If you are a USJA club and have any **Upcoming Events** that you would like listed in USJA's Growing Judo, please send your information, in the format below, to Joan Love at: judolady210@aol.com*

Month & date of event

Official Title of the Event, location (building/institution, street address, city, STATE)

A couple of sentences of pertinent information, if applicable (description of the event, presenter's credentials if a camp/clinic, etc.). Please be concise; include time/schedule & price; Contact person with phone number & email; url for forms if available.

Please note that this information needs to be in a WORD document or in the text of an email. Full event flyers and PDF documents cannot be included. You may include a relevant photo if you have one.

MAY

May 6 - 8

Judo Clinic/Workout with Ryan Reser (2008 Olympian, World Team Member & US Open Champion) focusing on fundamentals, strategy, and competitive techniques. Findlay YMCA East - 1400 Manor Hill Road - Findlay, Ohio. Friday 6:30 to 8:30PM; Saturday 9:30AM to 11:30AM; Saturday 1:30PM to 5:00PM; Sunday 1:15PM to 3:15PM. \$25/ 1 session \$40.00/2 or more sessions. Contact Mark Hunter 419-722-3476, markjudo@aol.com, www.amerikanjudo.org

May 10

Deadline for Registration for World Police and Fire Games on August 27-28, Javitz Center NYC. See <http://2011wpfg.org/SportsEvents/SportsInformation/Judo/tabid/264/Default.aspx>. For more information, contact Tom Seabasty at Tomseabasty@yahoo.com; 732-382-3242

May 14

Wall to Wall Martial Arts Mini-Shiai, Live Oak High School Gym, 35086 Hwy 16 Spur, Denham Springs, LA. This Mini-Shiai will feature modified rules including relaxed gripping penalties and the use of leg grab throws as direct attacks. 13 yrs old and up only. Contact James Wall wallmartialarts@att.net.

May 21

Grand Canyon Summer State Games 2011 Judo Tournament, Arizona Christian University 2625 E. Cactus Rd., Phoenix, AZ. Entries/ weigh-ins on May 20 6:00-8:30 p.m. & May 21, 7:00-8:30 a.m. at **Arizona Christian University**. Registration is NOT taken on the Grand Canyon State Games Entry form, website or at the State Games Office. Contact Kevin Scarbrough 623-297-6245, kevinbs@msn.com or Shawna Scarbrough, 623-217-0534 or shawnasscar@msn.com www.buckeyejudo.webs.com

May 22

Kelly's Capers Clinic at Centurion Judo Club, Corning, NY YMCA, 12:00-5:00 p.m. The clinician will be Bill Myers, head judo instructor at Cornell University, who has used Kelly's Capers for three years to teach beginning judo players. Cost: \$35. Contact Heidi Reed heidi_reed@hotmail.com, 607-738-8743.

May 26

Clinic with Noriyasu Kudo, 8th dan, at Biwako Judo Club, Pedro Campos Community Center, 611 East 13th Street, Manhattan, NY. 6:00--9:00 p.m. \$20.00 donation requested. Contact ysehwang@verizon.net

May 28-29

39th Annual AM-CAN International Judo Challenge, Canisius College, Buffalo NY. See page 13 for a full page ad and www.amcanjudo.org for entry forms and complete information.

JUNE

June 4

Rokugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

June 11

Kelly's Capers Clinic, Budokan Judo Club, Northeast Community Center, 4075 Gordon Stinnett Ave., Chesapeake Beach, MD. 9:00 am to 4:00 pm. Presented by Pete Mantel, Kelly's Capers is an innovative approach for preparing the beginner to participate in and ENJOY standing randori. Open to ages 13-up; \$30 if preregistered by June 4; \$45 thereafter. Contact Marshall Coffman, mrcoffman1@comcast.net or 410-474-1088 (cell)/410-474-1088 (home).

June 11

Sensei Gary's Birthday Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members. Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.



June 26 - July 14

West Hempstead PAL Summer Judo Day Camp, 817 Hempstead Ave., West Hempstead, NY. Ages 4 - 17, 8:30-5:30. Contact Charles Schweizer, (516) 485-5076, esg939603@yahoo.com.

June 17-19

JA/USJA Sport Jujitsu US National Championship Tournament, Foster City, CA. www.jujitsuamerica.org.

June 23-25, 2011

THE GREATEST CAMP ON EARTH, Next Level Center, 4317 Stevens Mill Road, Matthews, NC.

2011 marks the 20th year of what has grown to be North America's largest martial arts training camp. This year there will be more than 20 scheduled instructors and training sessions in contest Judo, kata, sambo, traditional jujutsu, Brazilian Jiu Jitsu, kendo, kenjutsu, cane-fighting, stick fighting, kappo, knife defenses, referee training, coach certification training, aikido, karate, kyudo (Japanese archery), yawara, police tactics, dealing with multiple attacks, conditioning methods, randori and promotional examinations.



For full information, including lodging & registration forms see: <http://www.greatestcamp.com/>

JULY

July 1-3

Second annual USJA / USJF Junior National Championships and Novice Tournament and Kata Competition, Owens Community College in Toledo, Ohio. Complete information at 2011judojuniornationals.com. Contact: Gary Monto, 419-283-6319, JudanJudo@aol.com or JudanJudoToledo@bex.net

July 18-22

CAMP BUSHIDO, Judo & Jujitsu Training Camp, Old Oak Ranch, Sonora, CA, offers a full program in both judo and jujitsu training with nationally and internationally-known featured guest instructors and a core group of regular instructors, plus swimming, and many other fun activities. **For full information and forms, please visit www.campbushido.com**



AUGUST

August 13-14

Fight Like a Girl Camp, Southside Dojo, 8534 Portage Rd. Portage, Michigan. Open workout after camp on 8/14. \$30.00/both days; \$20.00/one day. Campers bring sleeping bag; meals Saturday night/Sunday day included. Contact: Deborah Fergus, defrgs6@att.net or 269-208-1068.

August 14-20

INTERNATIONAL JUDO CAMP, Huguenot, NY. Featured instructors are **Clyde Worthen**, 6th dan (*Pan American Gold Medalist, 4-time US World team member, Head instructor at Tech Judo & new Camp Co-Director*) and **Leonardo Victoria** (*current national silver medalist, 6X Colombian National Champion, & Pan American Medalist*). This year's camp will offer many new features to enhance the experience for all, including a totally new mat setup comprised of Zebra tatami and Swain flexi-roll mats; more activities for young campers, including water activities, rock wall climbing, and horseback riding; and a new "cool zone" where teens can socialize and relax after evening randori. Of course, there will be great instruction in competitive judo, kata, refereeing, self defense, and coaching.



Information: www.newyorkymcacamp.org/judo;

brochure: <http://www.newyorkymcacamp.org/forms/judo/2011-Judo-Brochure-WEB.PDF>

For team discount rates see: <http://www.newyorkymcacamp.org/judo/datesandrates.php>

Financial aid: <http://www.newyorkymcacamp.org/forms/Financial%20Assistance%20Packet.pdf>

Please contact camp co-founder/co-Director George Pasiuk at mr1judo@optonline.net or 914-413-9944 if you have any questions

SEPTEMBER

September 10

2011 America's Cup Judo Championship at Pendleton Heights High School, One Arabian Dr, Pendleton, IN
Kata, Juniors, Masters, Newaza, Grappling & Seniors. For more information and entry packet:
<http://andersonymcajudo.datapitstop.com/> Hosted by Anderson YMCA Judo Club, John Branson, 5th dan-Head Instructor 765-621-3416

September 24-25

7th All Women's Judo Championship, Cloverleaf Recreation Center, 8525 Friendsville Rd. Lodi, Ohio.
Registration, weigh-in, Kata, Coaches & Referee Certification Clinics 9/24 (evening); Kata and Shiai Competition on 9/25. Contact: Deborah Fergus, deffrgs6@att.net or 269-208-1068.

OCTOBER

October 1

Juugatsu Open Judo Tournament, Gentle Way Judo Club, 530 Birch Street, Bristol, CT. USJA local level event. \$20 entry fee. Junior, Senior, Masters, Newaza Divisions. Event flyer/details at www.gentlewayjudoclub.com

October 15th, 2011

2011 LA Open Judo Tournament, Hebron Baptist Church Gym, 24063 Hwy 16, Denham Springs, LA.
Annual event hosted by Wall to Wall Martial Arts. Divisions for Kata, Juniors, Masters, and Seniors. Individual medals and Team Awards. Contact James Wall wallmartialarts@att.net.

October 15 (note date change)

Dr. Z Memorial Club Tournament, sponsored by Goltz Judo at the Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA, \$15.00, \$10 for additional family members.
Contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.

DECEMBER



December 2-4

Friday – National Coaching Clinic, Alexander Hughes Community Center, 1700 Danbury Rd., Claremont, CA.

Saturday & Sunday – USJA/USJF 6th Winter Nationals at Damien High School, La Verne, CA.

Go to [Winter Nationals Website](http://www.goltzjudo.com) or contact Gary Goltz, 909-702-3250, gary@goltzjudo.com, www.goltzjudo.com for more information.



Don't forget to check out the USJA homepage for notices and news (<http://www.usja-judo.org/>) and the Club Info page for helpful information (http://www.usja-judo.org/club_info/).

A Perspective On Shiai

by Richard Riehle

I have recently read comments online that presuppose that Judo is inherently a sport such as wrestling, baseball, or football. We have transformed shiai into a sport and Judo seems now to be mostly about winning tournaments. With International venues, the emphasis on athleticism, and economic rewards in some nations, the sport viewpoint has become widespread. The tournament aspect of Judo is an opportunity for triumph, especially for youth and those still learning Judo. However, I believe we need to adjust our focus to better see what Judo shiai is really about. From my own perspective, triumph over another Judoka in contest is not the essence of Judo. Medals and trophies, championships, or even winning gold at the Olympics was not the original purpose of shiai; even Kano-shihan had reservations about Judo becoming an Olympic sport.

This is not a condemnation of shiai but an expression of concern over what has become of it. Shiai is one of several levels of training unique to Judo regimen which include kata and randori, and more recently, grappling. Where shiai, as described in some of the writings of Professor Kano, was originally a venue for testing one's self and learning how to improve one's own technique, coordination, and personal discipline, it has now become something different: a venue for defeating others, earning points, earning trophies, and making parents or one's Nation proud. The notion of shiai as a path to self-improvement has largely vanished.

In football and many other sports, every aspect of the training is focused on winning future games. In Judo, the focus of the training, as originally conceived by Professor Kano is self-improvement through continued self-testing. This is done under the tutelage of a qualified instructor using a well-understood instructional format that makes it difficult for someone to become a qualified instructor. We require Judo instructors to be certified at the minimal rank of Shodan or (preferably) higher according to a strict set of standards by one of the official Judo organizations. That standard largely conforms to the requirements set by the Kodokan.

For advancement and promotion beyond the rank of Shodan, we demand development in skills that have little bearing on competition. This is also different from other "sports." For example, why does a Judo Sandan needs to learn kime-no-kata to advance to Yodan? Why does anyone need to learn nage-no-kata or katame-no-kata? How does learning and perfecting Ju-no-kata make one a better practitioner of Judo? We expect aspirants to higher rank to demonstrate that they have some level of skill in these kata. Other sports do not require such seemingly extraneous skills, and do not have a rank system such as the one introduced by Kano-shihan for Judo.

Ultimately, the goals and objectives of Judo, and Judo shiai, are different from those of other sports. The goal is not ego-gratification, victory over others, or even pleasing one's coach, parents or dojo companions. In fact, Judo is not a goal but a process, a lifetime path intended to produce a healthy mind, healthy body, and a instill a sense of service and responsibility to others, including those whom we strive to defeat in shiai.

Eventually, with diligence and perseverance, one may progress beyond the few tokui-waza needed to win contests. Eventually, one transcends the dependency on athleticism required for high-level competition. In time, one comes to understand that Judo is not simply a competitive sport. With experience, there is a realization we are participating in a quest that encompasses something larger than ourselves, something where shiai, still a necessary part of our training, has a bigger role than simple victory. That realization will help us understand the real purpose of Judo; However, a lifetime of shiai is still necessary for that continued self-testing. A few of my friends, such as Ferd Tihista, are still enjoying shiai even in their eighties.

Some of our Judo coaches have adopted the attitude of "win at any cost," thereby putting the long-term health of their students in jeopardy. We may see students encouraged to practice a dropped-knee seoi-nage repeatedly, ignoring the fact that this may eventually cripple their knees. This 'win-at-any-cost' philosophy runs counter to the deeper philosophy of Judo, its founder, and the purpose of shiai. Judo is not intended to be a path toward the destruction of our bodies in pursuit of victory. Our young Judoka should be learning how to live healthy habits that will serve their minds and bodies well into old age. Injury should be the exception, not the rule. Bandages on the toes, torn ligaments, and damaged knee cartilage should not be the rewards of good shiai.

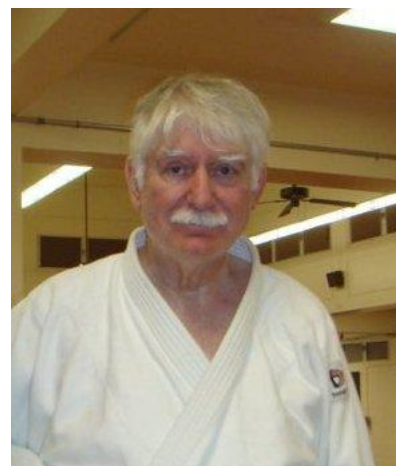
Each year, for many years, I train with people in Japan, at the Kodokan and at machi-dojo. I enjoy randori with men my age (mid-70's) who are simply enjoying the experience of Judo, staying healthy, keeping their minds active, and continuing to perfect their waza. We execute our techniques, take our falls, congratulate each other for a waza well-done, and eschew those waza that we know are going to damage our bodies. We protect each other. We laugh at each other's mistakes. In camaraderie and friendship, we help each other improve.

When we look at the transformation of Judo into a sport, we need to ask how that transformation contributes to the meaning of Judo. Where is the knowledge we have lost in winning; where is the wisdom we have lost in trophies? Judo should be a journey toward the wisdom that emerges through a lifetime coordination of mind and body, sometimes through kata, sometimes through randori, and sometimes testing ourselves in shiai. Improving our Judo waza is intended to help us learn maximum efficiency with minimum effort, not simply to defeat another person. When done well, done with skill and minimal strength, the waza may result in the throwing or pinning of some other person, but pinning or throwing is not the goal. Rather, success with pinning and throwing or being thrown or pinned are part of the process of discovery.

All this philosophical stuff is difficult to pass-on, especially to our young students. Even our adult novices often find it difficult to grasp that shiai is a path of self-discovery rather than a path to victory. We all like to win, even those of us who might play a quiet game such as Chess or Go. Therefore, as instructors and coaches we do need to teach students how to win and, more important, how to lose. We emphasize safety and mutual respect, and try to avoid injuring our partner in shiai as well as in training. If we can help our students progress on the journey to personal wisdom and become people who can remain mentally and physically healthy late into their lives, we will have done an important service. No matter how many trophies one may earn in youth, a damaged body in later years is not worth even one of them.

So, in my mind, the goals of Judo are different from those of other sports. The goals of other sports, while laudable, focus on winning and losing. Even with shiai, Judo goals are not, not fundamentally, sport goals in the way the goals of other sports are framed. The competitions are not about -- should not be about -- ego gratification or achieving fame. Rather, Judo goals are intended to contribute to a combination of personal self-improvement along with mutual benefit for the personal self-improvement of our training partners, including those with whom we contend in shiai. Shiai, itself, as part of our lifetime training regimen, even for us old-timers in our seventh and eight decades, continues to have value, even if one of those values is to help us stay a little humble.

Dr. Richard Riehle is the Head Instructor and founder of the Naval Postgraduate School Judo Club, Monterey, CA. His email is laoxiaohai@juno.com.



In Memoriam

A Woman Called Mom



Joan Kay Seidel-Jones

September 11, 1946 - April 6, 2011

I recall many things about Joan Kay Seidel-Jones, a "woman many called Mom" and others "called her sister." Maybe it was the way she always made you feel like family. My first recollection was an event in San Diego. I was in the official's break room, and maybe I seemed lost because out of nowhere appeared a woman with a giant plate of food. She put it in front of me and said "you look hungry." She darted off to bring yet another giant plate of food to someone that maybe also looked lost. I did not know it at the time, but that was Joan Jones, Jesse Jones's wife.

Jesse met Joan because of her work and Jesse's involvement keeping supplies flowing to our troops. Things happened quickly, and they married 18 months later. Joan learned of Jesse's second love affair, judo, and was soon introduced to the sport. She realized it was a package deal. Jesse retired from the Marines with honor in 1973, starting his first of many dojos with Joan at his side. Joan was a natural at getting the message across to even the most difficult student. Although I would say that she never "really loved judo," she loved Jesse and that made it worthwhile. She earned the Judo rank of Ikkyu (first degree brown belt). Rank never was that important to her; what was important was doing something with her man.

Joan and Jesse were blessed with their first daughter Andrea, and four years later Nicole. This is what brought a new phase into the life of the Jones's. She had an important calling to help children; nurture them, teach them, motivate and protect them that would shape the rest of her life.

Returning to school, Joan became a teacher. For the next 23 years, she changed the lives of everyone she met. Joan not only loved teaching, but also loved to do anything that supported kids; and that meant continuing in judo. She herself never stopped learning. If it made her a better teacher or a better person, Joan's accomplishments are too numerous to mention but she was proud of her Master of Arts in Teaching English to Speakers of Other Languages she received from International University.

That brings us to a wonderful story Joan wrote in 1987 about being a 'judo widow' in **"The 1987 USJA Junior National Championship Handbook"**. This was another side of Joan. Not only was

she smart, she was funny. Jesse and Joan would host many judo events together. Many knew how much Joan did for San Diego Judo. It was the support she gave that made these events a success.

Many very young students on and off the judo mat, now grown with children of their own, have their future, their success, their discipline and knowledge because of the caring attention of Joan. That is why she is known to many as "the mother of San Diego Judo".

Joan and Jesse had something special that only a few are lucky to ever have. She was always ready with a smile. I remember Jesse's 65th birthday party. I presented him with a very old black and white photo of him and I with the Judo team from the Japanese Navy. Joan took one look and said "Jesse you look so young" with that twinkle in her eye she was famous for.

She never lost her sense of humor, like kidding about being a 'judo widow.' I must confess that I was responsible for dragging Jesse out of the house more than once for a meeting. Joan knew how important this was for him also, so just called herself a 'judo widow.'

She never lost that desire of doing good things for children. One time returning from a judo trip we found the entire yard was decorated with Halloween decor. Jesse commented "that's my Joan, she will do anything for the kids in the neighborhood. I guess I am going to be up and down 50 times tonight with trick or treat," but we both knew it would be Joan answering the door.

Joan Jones was very active member of Trinity Lutheran Church serving on a long list of committees and projects. She worked non-stop on the development of Tierrasanta Lutheran Church in San Diego as a charter member and served many years as the Director of Christian Education. She was like a guiding light and a beacon for many.

Last year Jesse and I had to leave very early for a trip. She knew I had just returned from an Anniversary trip. She said with that twinkle in her eye, "Jesse and I are heading towards our 39th and we are catching up." She offered coffee for the road, as she often did, and gave Jesse a hug and said "see you honey." I hugged her and said "see you honey," and we all laughed.

That was the last time I saw Joan, but I bet she is teaching, encouraging, helping and giving someone a **giant plate of food**.

Joan, we will all miss you. You are truly a woman of class and a woman "they call Mom."

--Hon. Walter P. Dean

Editor's note: The following piece by Joan Jones originally appeared in the program for the 1987 USIA Junior National Championships.

A JUDO WIDOW by Joan Jones

This is dedicated to all those wives who share their husbands with a sport called judo.

It seems that no matter what your age or status in life one never stops growing. Mine is a story of growth and compromise.

It will be 14 years in October since I had my first exposure to judo. It was somewhat of a package-deal, like in-laws. it was acquired through marriage. As a new bride I eagerly anticipated my husband's arrival home every night and weekends were planned for discovering California. Soon though, reality set in, There was a nagging obstacle in the way. Something called judo that invaded my happy plans. Foreign to me, judo was soon to become my adversary. There were judo work-outs Monday, Tuesday, and Thursday nights of the week. Although the years have altered the various work-out nights, Friday seemed the most difficult to accept. TGIF with its special excitement was simply and without question lost to just another workout. Alas, weekends were no longer sacred. The calendar always showed either a local or non-local tournament to attend. Feeling isolated, I sadly called myself a "judo widow." Somewhere between workout and tournaments was my husband.

By this time my life was in a dilemma. What was this judo? What did it have to offer? Judo became "the other woman" in my husband's life. Like a scorned woman I tried to assess my challenger. I would go along to all the club workouts. Matter of fact most of my first pregnancy was spent on bleachers watching him instruct or at tournaments watching him referee. But still I couldn't understand judo's magnetic power over my husband. In order to see my husband and our child to see her father, we began to travel to tournaments with him. He would call it a vacation. I would call it something else!!! You haven't lived until you've travelled with a small child 8 hours across the Arizona desert to sit another six hours on bleachers. But I was determined not to become the "widow" that I affectionately called myself.

*Several years had passed and the judo classes were growing in numbers and strength. There was a need for recreation in our neighborhood so we decided to open up a judo club in our garage. Maybe because of its proximity or just plain mellowing, I became for the first time involved in judo. It was **our** club that we were opening, not something already established as were his other clubs. Together we made it work. We watched it grow until we were forced to find larger quarters. Our second daughter was born amidst the hoopla of our grand opening.*

For me this period marked a change in my attitude. To see all the new eager students accompanied by hopeful parents brought a whole new dimension of judo to me. My husband was their Sensei, the person who taught their minds discipline and their bodies the movements. To each one of these students he offered the opportunity of becoming that strong competitor, or gaining confidence and self-esteem, or simply to overcome awkward clumsiness. No pressure was ever exacted, just a gentle push in the positive direction. He was a father, a friend, a coach to them all no matter what age or sex. Here was my understanding. Here was a love not like that between a man and a woman but a passion to give the judo knowledge and talent he had of himself to others.

And now here we are on the threshold of one of his greatest challenges, hosting the Junior Nationals. I fully support him in his effort although I cringe at the hundreds of man hours it has subtracted from our family and personal life. But I chuckle to myself and remember how not too long ago I would have felt dejected and lonely. Now I'm an equal contributing partner. What a metamorphosis!

Indeed these past 14 years have been growing ones. Our judo clubs have grow, champions have been molded and acclaimed, members have increased, former students now bring their own children to work-out, but one thing remains steadfast . . . Sensei's love for his judo.

After all these years I still don't fully understand the attraction, but I do know that when other women complain about their husband's late nights at the office, bar, poker, or etc.??? I smile to myself. Yes I am a widow, but to something far more meaningful and its way is known as gentle.



USJA Promotions: April, 2011

Congratulations to the following individuals on their achievements:

Judo

Shodan

- | | | |
|-----------------------|---------------------|----------------------|
| ★ John Bartulucci | ★ D'Jay Kelly | ★ Phillip L. Queller |
| ★ Marciano Canote III | ★ Marek Lech | ★ Michael J. Sanchez |
| ★ Jason Eckhardt | ★ Victor Lowe | ★ Daniel E. Scillath |
| ★ Michael Elliott | ★ David O'Callaghan | |

Nidan

- | | |
|------------------|-----------------|
| ★ William Chapin | ★ Kim R. Nguyen |
|------------------|-----------------|

Sandan

- | | | |
|-----------------------|-----------------|-------------------|
| ★ Leighton S. Cochran | ★ Glen K. Waipa | ★ David A. Wojcik |
|-----------------------|-----------------|-------------------|

Yodan

- | | |
|---------------------|--------------------|
| ★ Michael Goldsmith | ★ Howard A. Hannon |
|---------------------|--------------------|

Jujitsu

Sandan

- | |
|---------------|
| ★ Ralph Villa |
|---------------|

Advertise your Judo-related product in Growing Judo!

We are now accepting commercial advertising in Growing Judo magazine. We are offering full, half and quarter-page ads for \$100/\$55/\$30 respectively.

Multiple issue discounts are also available.

If you are interested in advertising your product, please contact USJA Executive Director Katrina Davis at 877-411-3409 or katrina.davis@usja-judo.org.

2011 USJA/USJF JR. NATIONAL JUDO CHAMPIONSHIPS

The 2011 USJA/USJF Junior National Judo Championships in Toledo, Ohio is only **2 months away!**
The registration fees for the tournament are listed below:

PRE-REGISTRATION: Must be postmarked no later than Saturday, June 18th, 2011.



POSTMARKED BY SATURDAY, JUNE 18, 2011	
Shiai – Individual Entry Fee	\$50.00
Kata Team – One Kata	\$60.00
Kata Team – Two Katas	\$75.00
Kata Team – Three Katas	\$90.00
Spectator Fee (children 7 and under Free)	\$10.00 for both days

ONE DAY WALK-UP REGISTRATION:

NO PERSONAL CHECKS. Cash, money order, cashier's check or credit cards will be accepted. **(ABSOLUTELY No registration will be accepted after 4 pm)**

FRIDAY, JULY 1, 2011 <u>ONLY</u>	
Shiai – Individual Entry Fee	\$75.00
Kata Team – One Kata	\$80.00
Kata Team – Two Katas	\$95.00
Kata Team – Three Katas	\$110.00
Coaches Fee (Badge)	\$50.00
Spectator Fee (children 7 and under Free)	\$15.00 for both days



There will be NO SATURDAY REGISTRATION or WEIGH INS

ENTRY FEES ARE NON-REFUNDABLE

MAIL TO: Judan Judo – 2011 Jr. Nationals

PO Box 167440, Oregon, OH 43616

Please visit web site 2011judojunionationals.com for complete entry packet and rules.

Judan Judo is looking for clubs/groups that would be willing to work the tables for Jr. Nationals. The tournament will pay \$250 per club/group per day that they worked on the tables. If your club/group is interested in working at the Jr. Nationals please send an email to judanjudoledo@bex.net requesting the application for club/group table workers.

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